



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hähnlein, Sebastian

Club: Georgenthal

Number: 54

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:46

Speed: 11.30 km/h

Running performance: 4:54 min/km

Rank in course/Total: 44 (of 181)

Rank in course/Men: 40 (of 122)

Best time in course: 34:17

Rank in category: 7(of 16)

Best time in the category: 39:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	14:54	4:35	7	2:06	33	3:29	3.25	14:54	4:35	7	2:06	33	3:29
Lap 2	3.25	16:42	5:08	8	3:21	48	5:13	6.50	31:36	4:51	7	5:27	36	8:42
Last lap Finish	3.25	16:10	4:58	6	2:58	39	4:47	9.75	47:46	4:53	7	8:25	40	13:29